

Homemade Burger Buns

Learn to make soft, golden homemade burger buns from scratch. Perfect for burgers and sandwiches with this easy step-by-step recipe.

200	15	215	8	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 pack yeast
- 3 cup flour
- 1 cup water
- 1 egg
- 3 tbsp unsalted butter
- 1 tsp salt
- 1 tbsp olive oil
- 1 cup milk
- 2 tbsp sesame

Instructions

- 1 Activate the yeast**

Heat 1 cup milk to 110°F (43°C) - it should feel warm but not hot when tested on your wrist. Dissolve 1 tablespoon sugar in the warm milk, then sprinkle 1 pack active dry yeast over the surface. Let stand for 5-10 minutes until the mixture becomes foamy and bubbles.
- 2 Make the dough**

Combine 3 cups bread flour, remaining 2 tablespoons sugar, and 1 teaspoon salt in a large mixing bowl. Create a well in the center and add the foamy yeast mixture, 1 beaten egg, and 1 tablespoon melted butter.
- 3 Mix the ingredients**

Mix the ingredients with a wooden spoon until a shaggy dough forms. Turn the dough onto a lightly floured surface and knead for 8-10 minutes until the dough becomes smooth, elastic, and springs back when poked.
- 4 First rise**

Place the dough in a greased bowl and cover with a damp kitchen towel. Let rise in a warm place for 1-1.5 hours until doubled in size - the dough should hold an indentation when poked with your finger.
- 5 Shape the buns**

Punch down the dough to deflate it and turn onto a lightly floured surface. Divide into 8 equal portions using a bench scraper or knife. Shape each portion into a smooth ball by tucking the edges underneath and rolling between your palms.
- 6 Place the shaped buns**

Place the shaped buns on a parchment-lined baking sheet, spacing them 3 inches apart. Cover with a clean kitchen towel and let rise for 30-45 minutes until puffy and nearly doubled in size.

7 Prepare for baking

Preheat oven to 375°F (190°C). Beat 1 egg with 2 tablespoons water to make an egg wash. Brush the egg wash over the top of each bun using a pastry brush.

8 Bake

Bake for 15-18 minutes until the buns are golden brown on top and sound hollow when tapped on the bottom. Transfer to a wire rack and cool completely before slicing, about 30 minutes.

Tips

Use bread flour for the best structure and chewiness. The higher protein content creates stronger gluten networks that hold up to juicy burger fillings without becoming soggy.

Ensure your yeast is fresh and active by proofing it in warm milk (around 110°F) with a pinch of sugar. It should foam vigorously within 5-10 minutes.

Room temperature ingredients mix more easily and create better texture. Remove eggs and butter from the refrigerator 30-60 minutes before starting.

Don't skip the egg wash – it creates that beautiful golden, shiny crust that makes homemade buns look bakery-perfect.

Allow proper rising time in a warm, draft-free environment. The dough should double in size during both rises for optimal texture and flavor development.

Shape buns evenly by weighing the dough portions. This ensures uniform baking and professional-looking results.

Test doneness by tapping the bottom of a bun – it should sound hollow when fully baked. Internal temperature should reach 190°F.

Cool completely on a wire rack before slicing to prevent gummy texture and allow the crumb structure to set properly.